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metroNEWS

ON CLOUD NINE

JAYS EXTEND HOT STREAK WITH A WIN OVER OAKLAND

Jose Bautista hits a solo home run during the Jays' game against the Oakland A's Tuesday night at Rogers Centre. The Jays won 4-2, and have now won nine in a row. More on the Jays, metroSPORTS. TOM SZCZERBOWSKI/GETTY IMAGES

We're No. 1

RANKING

U.S. magazine names Toronto the most livable city in the world

Luke Simcoe
Metro | Toronto

Toronto needs to ditch its "inferiority complex" and appreciate what it has.

It's a sage piece of advice coming from one New Yorker who helped name us the most livable city in the world.

"I mean New York doesn't have a good Chinatown," said Paul Makovsky, editorial director at Metropolis Magazine. "You have like four."

Toronto landed the top spot largely because of its growing density balanced with a commitment to urban revitalization, evidenced by projects like in Regent Park and the waterfront.

Makovsky also singled out the city's tower renewal program, which is refurbishing old housing blocks in the inner suburbs, as another reason Toronto should be celebrated.

"In many other cities they're simply demolishing them," Makovsky said. "Your program to renovate those buildings is really admirable and something that other cities should be looking at."

T.O. made the cover of Metropolis this month. CONTRIBUTED

Toronto beat out well-respected cities to earn the top spot on the list. Tokyo, for instance, came in second, with Helsinki, Copenhagen and Hong Kong rounding out the Top 5.

"We had a lot of debates about why Toronto over some of these other cities, but, in the end, we felt that this year, Toronto deserved to be No. 1," Makovsky said.

Amusingly, many positive features cited by Metropolis are things Torontonians love to complain about, including the Union-Pearson Express.

"I went to check it out and it seemed like everyone was really critical of the project," Makovsky said. "But they failed to realize that it's the only air-rail link in North America."

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CIBC Pan Am/Parapan Am Athletics Stadium

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9 a.m. | 5 p.m. – Medal Rounds
CIBC Pan Am/Parapan Am Aquatics Centre and Field House

WHEELCHAIR BASKETBALL
8 a.m. – Classification + Quarter-finals
4:15 p.m. – Quarter-finals
Ryerson Athletic Centre

WHEELCHAIR RUGBY
3:30 p.m. – BRA vs CHI
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metro NEWS

Your essential daily news

Kids with cancer may have a chance at future parenthood. **World**

Reduce, Reuse, Re-Bicycle

DONATIONS

Boy starts not-for-profit shop after his BMX was stolen

The attention makes him squirm, especially when he's praised at school assemblies, but Hayden Downes-Mills didn't create his bike recycling program for attention.

He did it because his bike was stolen when he was 9, and he never forgot how it felt when strangers stepped in to help him.

So now he helps them back.

"I just liked the feeling," said Hayden, now 14. "I just liked how people were happy."

It's been five years since the little boy from Georgetown got the idea for Hayden's Re-Bicycling, an initiative that began with modest bike repairs in his parents' driveway and has grown into a full-blown not-for-profit agency with a host of volunteers, board of directors and ongoing renovations for a new headquarters slated to open this fall.

Hayden and the team, which includes his parents and two siblings, have donated more than 900 bicycles to people who can't afford them since his cherished BMX was stolen just before Thanksgiving 2010.

He has appeared several times in the local news and did a nerve-racking segment on CityTV's Breakfast Television two years ago. He was also named Georgetown's Junior Citizen of the Year, received the TVO Kids Super Citizen award in 2013 and was recognized by Conservation Halton last year.

Hayden Downes-Mills poses at an old ambulance hall he uses to store and fix bikes in Georgetown Monday. The team's new headquarters is slated to open this fall. ANDREW FRANCIS WALLACE/TORONTO STAR

Hayden loved the black and white BMX bike he got for his ninth birthday. He was born with a cleft palate, prompting a string of childhood surgeries, and Hayden wasn't confident on a bike until he got that BMX. With his new ride beneath him, he was pedalling across town to play with friends and go to school.

Then one day, six months after his birthday, Hayden was crushed when his bike went missing from the front yard.

On the suggestion of his mother's friend, Hayden wrote to the InsideHalton newspaper:

"To the person who stole my bike: My parents bought my bike for my birthday in March, and I really liked it. I'm very upset that my bike was taken, and I would like to ask the person who took it to return it."

Within a few days, people from the community dropped off about eight bikes for Hayden, along with gift cards and a $200 cheque to buy a new one.

With so many bikes on his hands, Hayden made a proposition to his parents. Why not start a donation business so other kids can get bikes? They started repairing the bikes in their driveway.

"When we first started, we did not even know how to fix a (tire) tube on a bike… We've kind of learned as we go," said Hayden, describing how they're expecting to finish renovating the new garage for their repair shop this fall. They're housed in Georgetown's old ambulance hall for now.

"Watching it grow first-hand is a really amazing thing," he said.

TORSTAR NEWS SERVICE

17,220

Estimated pounds of metal saved from the scrap heap by Hayden's Re-Bicycling

1,000

Bikes recycled through Hayden's program since 2010

900

Bikes donated to people who can't afford them

3,067

Bikes reported stolen to Toronto Police last year

$100

Typical minimum price for a kid's bike at Canadian Tire

If Toronto had 58 councillors

Toronto's population is growing fast and, as the city changes, so must our 44-ward electoral map, a city-sponsored study has found. The city has a "voter parity" problem, the study says, with some wards playing home to many more people than others. A report issued Tuesday makes five recommendations for how that problem could be fixed by redrawing the wards. The proposals range from reducing the number of city councillors to 38 to increasing the number of councillors to 58.

JESSICA SMITH CROSS METRO

OPTION 1: MINIMAL CHANGE

Maintains many of the existing wards, changing only some wards that are way out of balance. The result is 47 wards.

PRO: Since there's very little change, residents and local groups do not have to adapt to boundary changes and councillors' institutional knowledge of their wards is maintained, according to the report.

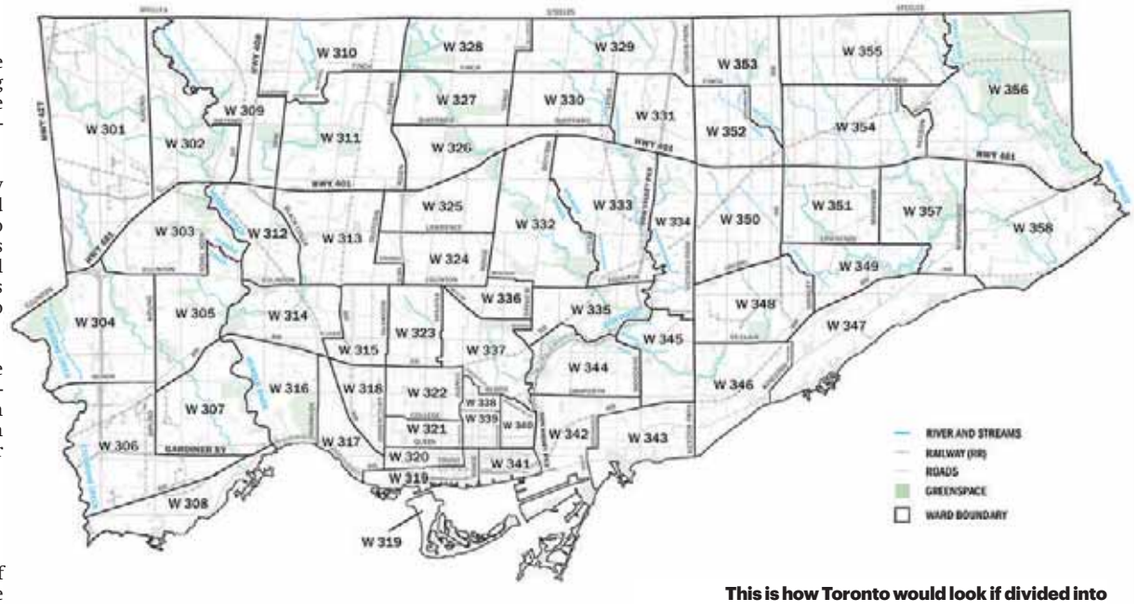
CON: This option has the widest variance in the number of people per ward than the other options, which means there is less voter parity.

OPTION 2: 44 WARDS

Keeps the same number of wards and councillors as we have today. New wards are formed where the population is growing, and wards are removed or made smaller in areas where the population is staying the same or declining.

PRO: The number of councillors doesn't change and there's very little variance in the population of wards.

CON: As the population increases, each councillor will have more people to serve. In 2026 this option would have about 70,000 residents per ward, compared to about 61,000 in 2014.



This is how Toronto would look if divided into 58 city council wards. CONTRIBUTED

OPTION 3: SMALL WARDS (50,000 PEOPLE PER WARD)

Adds 14 new wards, bringing the number of councillors to 58. New wards are added in growing areas: Downtown, Willowdale, Scarborough and South Etobicoke.

PRO: Councillors have fewer residents to represent, potentially giving them more time to focus on issues.

CON: Would result in a big council, adding to expenses.

OPTION 4: LARGE WARDS (75,000 PEOPLE PER WARD)

With 38 wards, this is the largest number of people per ward supported by the review committee.

PRO: Fewer councillors could mean lower costs for the city, and the population of these wards is very close to equal.

CON: Each councillor has more people to represent in their ward.

OPTION 5: NATURAL/ PHYSICAL BOUNDARIES

Forty-one wards are created using physical boundaries, such as rivers and highways.

PRO: The wards are geographically coherent and viable from a voter parity perspective, which means there is relatively low variance in the populations of the wards.

CON: No drawbacks were outlined in the report. This option falls between the large and small ward options, giving Toronto three fewer wards than it has now.

ROB FORD WEIGHS IN

Rob Ford has tried — and failed — to get council to consider cutting the number of wards in half.

That was two years ago, and he's not given up yet.

Ford told Metro Tuesday he wants council to have only 25 wards, which would be the same as the city's 25 federal ridings.

"I'll put that on the table. I'll move that," the councillor said. "That's the right thing to do."

The Ward Boundary Review studied the option, but found there was little to no support from the public for wards that large. By 2026, each ward would have about 123,000 residents.

Plus, federal ward boundaries don't have the population equally distributed, the review group found.

If he's unable to push the federal boundaries through as an option, Ford will vote for the largest wards recommended by the study committee — reducing the number of councillors to 38.

"Right now, we're dysfunctional. You see council meetings going on with 44 people," he said. "The fewer the councillors the better."

The "small ward" option with 58 councillors "would be crazy," Ford said.

"Nothing will get done," he said. "A stop sign (discussion) would go on for two days." JESSICA SMITH CROSS

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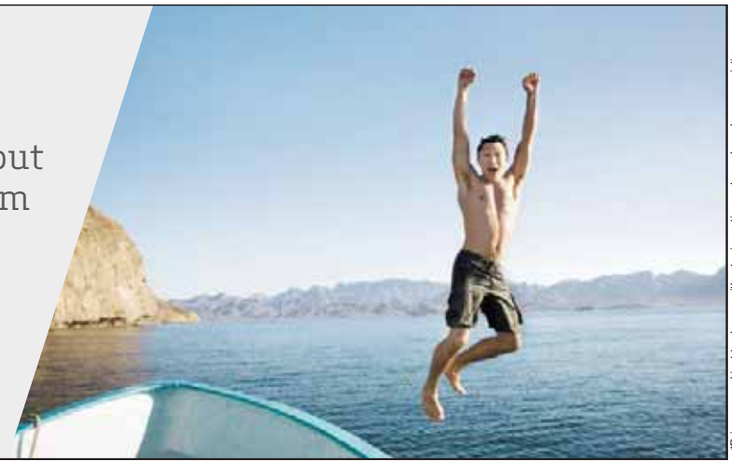

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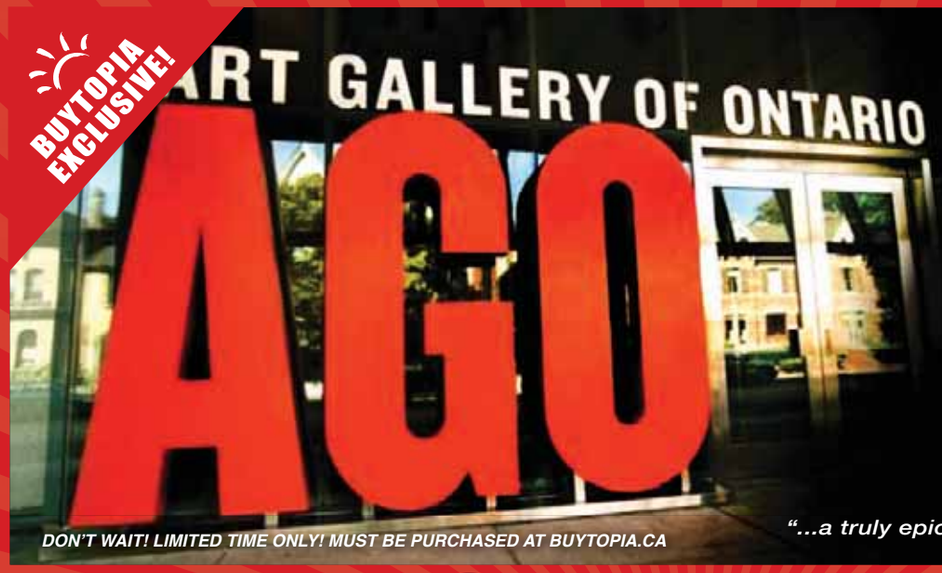

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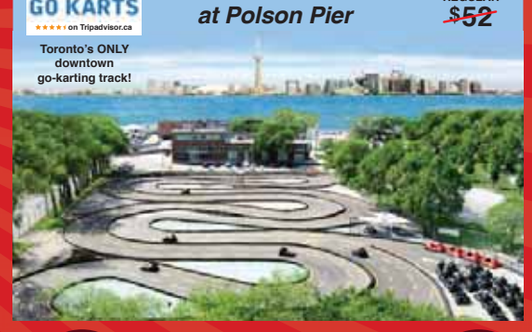

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Accessibility can be a winning strategy

INTERACTIVE MAP

New rating app launched in time for the Parapan Ams

Ontario has touted Toronto 2015's Parapan Am Games as the most accessible Games ever, but what do our visiting athletes think?

Torstar News Service asked para-athletes how the city fares when compared with the barriers they face back home.

From widened doorways to the tiny bumps ahead of a blended curb, they credited building designs and social attitudes as two factors that helped them overcome barriers throughout the wider Toronto community.

In light of the Games, residents and those visiting both have a new tool at their disposal to report barriers they find in public spaces.

The web-based app, called Access Now, relies on crowdsourcing to pinpoint the accessibility status of any hotel, restaurant or attraction on an interactive map.

The tool's creator, Ryerson University master's student Maayan Ziv, said the project was fuelled by the frustration she experienced when attempting to dine out with friends.

"I would make plans thinking I could get in and then I'd arrive and there would be a step at the entrance," the 25-year-old said. "I want to be able to go where I want to go and do that now."

This is one the reasons she wanted to ensure the web application was ready in time for the Parapan Am games.

"A lot of people are coming to Toronto, and they will be looking for accessible places to eat, things to do, or just got out," she said.

Users can submit their own reviews or rate venues according to four colour-coded categories.

Since it launched last week, more than 600 restaurants, cafés and bars have already been pinned on the map.

Those interested in learning more can access the map at accessnow.ca.

TORSTAR NEWS SERVICE

Maayan Ziv believes making businesses more accessible can also make them more successful. LUCAS OLENIUK/ TORSTAR NEWS SERVICE

THEIR STORIES HOW DOES TORONTO COMPARE?

Veronica Almeida

Home: Salvador, Brazil
Sport: Swimming

"Accessibility in Salvador, where I'm from, is almost inexistent," said Almeida, shortly after she won bronze in the women's 50m free swim. "It's impossible to move around in the Old Town, because of the cobblestone-like pavement."

Almeida says Toronto's Athlete's Village has been "one of the most accessible" she has seen.

Pedro Pablo de Vinatea

Home: Lima, Peru
Sport: Swimming

When Pedro Pablo de Vinatea struggled to climb aboard a streetcar, he was not expecting strangers to reach out and help him.

"We went to see a bit of the city, but to get on the streetcars is a big step," the 28-year-old amputee said. "But the culture here is to be respectful of those with special needs, and not be indifferent if someone needs help."

Fernando Acevedo

Home: Jinotepe, Nicaragua
Sport: Powerlifting

He describes Toronto's sidewalks as "world-class."

Back home, the 36-year-old polio survivor has to constantly contend with uneven pathways. But in Toronto, using ramps to access shops and cross the street from one side to other has never been easier. Acevedo referred to these crosswalks as "just perfect" and "easy to use," despite his restricted mobility.

TRAFFIC

Hit by car, man dies next day in hospital

A 37-year-old man succumbed to his injuries in hospital on Monday after he was struck by a car a day earlier.

Toronto police responded to a collision at Meadowvale Road near Sheppard Avenue East on Sunday shortly after 9 p.m.

According to police, a 74-year-old man was driving a 2013 Toyota Corolla southbound on Meadowvale, approaching Sheppard. The driver struck the 37-year-old man as he was attempting to cross Meadowvale.

The man was transported to hospital, where he later died.

TORSTAR NEWS SERVICE

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Fashioning a new identity

STYLE

Designer finds passion, shines positive light on African culture

Gilbert Ngabo
Metro | Toronto

Fashion was the last thing on Isaac Ansah's mind when he enrolled in the University of Windsor's business-management school back in 2001.

It was a simple observation that shifted his focus: Very few minority students were getting involved in extracurricular activities. Fashion shows, he thought, could bring more diversity on board.

"That really captured my imagination," said Ansah, whose family moved to Toronto from Ghana when he was six years old. "I saw fashion as a way to express yourself. Myself being a very expressive person, I immediately thought it was my best fit."

He started organizing weekend fashion shows on campus, inviting students from different cultures to showcase styles of clothing.

By the time he graduated, Ansah knew where his heart lay. He quickly launched Imagine Management & Marketing, an events-management company catering to the fashion and beauty industry in Toronto.

In 2012, he co-founded Africa Fashion Week, an annual platform for local and international designers to showcase their latest products — and bring a bit of diversity to the forefront.

"We don't see a lot of African-inspired designers in mainstream fashion shows," Ansah said.

Filling that void has also become a way to "show Africa in a positive light" and enhance a culture of inclusiveness, he said.

One aspect to appreciate about fashion is its sustainability, Ansah said.

"Whether you are having financial issues and struggling in this world, you're always going to buy clothes. Fashion doesn't have a season," he said. "Fashion is always going to be here."

DETAILS

African Fashion Week launches Thursday and continues through Sunday.

Events will play out at Daniels Spectrum (585 Dundas St. E.) and will bring together about 25 fashion designers from Africa, the Caribbean, Europe, the U.S. and Canada.

Local designer Isaac Ansah is co-founder of Africa Fashion Week and owner of clothing line Blue Ice. CONTRIBUTED

TOP TALENT

Five designers worth checking out at Africa Fashion Week:

- **Eva Gabarra.** From Paris with love, this award-winning fashion talent designs to "make ladies indulge in their class, taste and sophistication."
- **Black Trash Clothing.** The 2014 international designer of the year from Botswana brings a distinctive look, capturing the spirit of progressive Pan African style.
- **Shakad.** This lifestyle brand produces hand-dyed clothing and accessories for women and children, with a touch attuned to the rhythm and vibrancy of Barbados.
- **Sorobis.** An Atlanta clothing line owned by Ivory Coast-born Issa Sorogo. Sorogo was inspired by his father, a master tailor who made clothes for prominent people in the West African region.
- **Beni Boo Style.** A new exotic, unisex clothing producer in Toronto, designing a variety of affordable and quality clothes with African prints.

Trudeau vows to clean 'mess'

ELECTION 2015

With Duffy trial ongoing, federal leaders take aim at Conservatives

Liberal Leader Justin Trudeau speaks to supporters during a 2015 federal election campaign stop in the riding of Papineau in Montreal on Tuesday. Prime Minister Stephen Harper's tough-on-drugs policy announcement on Tuesday was likely used to score points against Trudeau, who has already pledged his support for legalizing marijuana.

GRAHAM HUGHES/THE CANADIAN PRESS

With the curtain about to rise on the climactic second act of the Mike Duffy trial, Justin Trudeau promised Tuesday to clean up the scandal-tainted Senate, while Stephen Harper set his sights on neighbourhood drug labs.

The Liberal leader vowed to clean up the prime minister's "mess," accusing Harper of leading the "most secretive, divisive and hyper-partisan government in Canada's history."

That mess, of course, is the Senate, and in particular Duffy's trial, which was scheduled to enter its most explosive phase Wednesday with none other than Nigel Wright, Harper's former chief of staff, as the first witness.

Wright is the man who provided Duffy with $90,000 of his own money to repay his disallowed housing and travel expenses. The former Conservative senator has pleaded not guilty to 31 charges including fraud, bribery and breach of trust.

Trudeau, determined to keep the Conservative scandal top of mind for Canadians, spoke Tuesday of transparency, saying it would be a fundamental principle in a Liberal government.

He also promised to bring in a merit-based appointment process to the Senate.

Harper, meanwhile, tried to avoid being drawn back into the Duffy fray with yet another policy announcement.

Harper promised a 20 per cent increase in funding — to almost $27 million a year — to help the RCMP target marijuana grow-ops and meth labs and another $500,000 a year over four years on a national toll-free hotline for parents to get information about drug use among the country's youth.

NDP Leader Tom Mulcair, however, was more interested in Harper's travel itinerary, in particular the fact he was getting as geographically far away from Ottawa as possible.

"I do find it interesting that Mr. Harper has decided to try to hide out in the North Pole during the Mike Duffy trial this week," Mulcair said. "He can run but he can't hide."

THE CANADIAN PRESS

ITINERARY

Where the leaders are:

- Prime Minister Stephen Harper's itinerary was unavailable.
- Liberal Leader Justin Trudeau's itinerary was also unavailable.
- NDP Leader Tom Mulcair is scheduled to be in Quebec.
- Green Party Leader Elizabeth May will be in Squamish and North Vancouver, B.C.

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fcco.ca

Hundreds of emails about to be released

The moment has arrived for Nigel Wright to fill in the blanks on his controversial dealings with Sen. Mike Duffy, but the prime minister's former chief of staff won't be the only one with fresh details this week.

With Wright beginning his testimony Wednesday at Duffy's fraud, breach of trust and bribery trial, the defence team is expected to soon release hundreds of internal emails exchanged with Stephen Harper's key people.

Nigel Wright. THE CANADIAN PRESS FILE

Back on the first day of the trial in April, defence lawyer Donald Bayne threw that thick binder of evidence down on a courtroom table with a loud thump — a teaser of things to come.

The full transcript of Wright's 2013 interview with police has also yet to be seen publicly.

Wright arrived Saturday in Ottawa from London, where he is a managing director with Onex Corp. A source close to Wright said the former chief of staff is ready for a full airing of the circumstances around his secret $90,000 payment of Duffy's improper living and travel expenses in 2013.

Wright takes his duty to the trial process seriously, said the source, speaking on condition of anonymity because they weren't authorized to discuss the matter.

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Sen. Mike Duffy arrives at an Ottawa court in June. He returns to court Wednesday. THE CANADIAN PRESS FILE

Duffy trial to resume

SENATE SCANDAL

Nigel Wright's testimony may give Tories' foes fodder

Michael Woods
Metro | Ottawa

The Mike Duffy trial returns from a seven-week hiatus with a bang on Wednesday.

Star witness Nigel Wright, Stephen Harper's former chief of staff, is expected to take the stand at the Elgin Street courthouse. Here's a refresher on what you need to know as the suspended senator's trial resumes.

What has happened so far?

Duffy is facing 31 charges including bribery, fraud on the government and breach of trust. The trial spanned 36 days this spring, then went on hiatus for seven weeks.

What happens now?

Starting Wednesday, the trial turns to the infamous $90,000 cheque Wright wrote to cover Duffy's inappropriate housing expenses. When the payment came to light in May 2013, it led to Wright's departure from the PMO and the most significant political firestorm of Harper's time as prime minister.

What could we learn?

Wright hasn't said much publicly about the case. But according to documents filed by the RCMP, Wright wrote in a February 2013 email that the prime minister was "good to go" with a plan to have the Conservative Party repay Duffy's housing expenses. However, Harper denied saying those words when asked about them on Sunday.

"The words you are quoting are not my words. They are somebody else's," he said.

In a May 14, 2013 email to colleagues, Wright wrote "the PM knows, in broad terms only, that I personally assisted Duffy when I was getting him to agree to repay the expenses."

Questions abound exactly how much Harper knew. We may find out more details about both of these instances.

What does the prime minister have to say about this?

Harper has continued to deny any advanced knowledge of Wright's payment to cover Duffy's denied housing expense claims. He did so again Tuesday morning.

If Wright's testimony differs at all from that, it could spell trouble for the prime minister.

What does this have to do with the election?

The timing of Wright's testimony — falling during Week 2 of an 11-week election campaign — is coincidental.

But it could be unfortunate for the Conservatives, with Harper facing questions about details of Wright's testimony on the campaign trail, and the details potentially giving the NDP and Liberals fodder for attacks on the Conservatives.

IN BRIEF

Possible missile fragments found at MH17 crash site
Dutch prosecutors said Tuesday they have found what they believe could be parts of a Buk missile system at the site in eastern Ukraine where Malaysia Airlines Flight 17 was brought down last year.

The announcement represents the first time prosecutors have confirmed possible physical evidence of a missile bringing down the plane and killing all 298 people on board.
THE ASSOCIATED PRESS

Amnesty approves policy to decriminalize sex trade
Amnesty International approved a controversial policy Tuesday to endorse the decriminalization of the sex trade, rejecting complaints from some women's rights groups who say it is tantamount to advocating the legalization of pimping and brothel owning.

At its decision-making forum in Dublin, the human rights watchdog approved the resolution to recommend "full decriminalization of all aspects of consensual sex work." It argues its research suggests decriminalization is the best way to defend sex workers' human rights. THE ASSOCIATED PRESS

Egyptian heat wave kills 42
A scorching heat wave in Egypt turned deadly this week, killing at least 42 people, including a German resident, patients in a psychiatric hospital and detainees, officials said Tuesday. The Health Ministry said 21 people died from the heat on Sunday, when temperatures topped 40 degrees Celsius (104 degrees Fahrenheit) in the country's north. Nineteen more died on Monday, authorities said, mostly elderly citizens. THE ASSOCIATED PRESS

Treatment giving kids a shot at fertility

HEALTH

More than 30 babies have been born via tissue-freezing

Barely two years old, Talia Pisano is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance to have babies of her own someday.

To battle infertility sometimes caused by cancer treatment, some children's hospitals are trying a futuristic approach: removing and freezing immature ovary and testes tissue, with hopes of being able to put it back when patients reach adulthood.

It has worked in adults, with more than 30 babies having been born to women who had ovarian tissue removed in adulthood, frozen, and put back after treatment for cancer or other conditions.

But the procedures are still experimental in pre-pubescent children. There are challenges to making immature eggs and sperm from removed tissue suitable for conception.

Mikey Richert, 10, plays a video game at his home in North Brunswick, N.J. He was diagnosed with a brain tumour. MEL EVANS/THE ASSOCIATED PRESS

Still, fertility researchers hope to refine the science while the first set of children whose tissue has been frozen grows up.

Families like Talia's are clinging to that optimism. The dark-eyed toddler who loves princesses and play-dough had an ovary removed and frozen in April. She was treated for kidney cancer last year but when it spread, doctors started harsher treatment including brain radiation.

"It seemed very new and pretty amazing that we can do something like this and help her in a bigger way," said her mom, Maria Pisano, of Griffith, Ind.

"It definitely brought some peace" and raised hope for Talia's future, Pisano said.

Doctors face a delicate balance in broaching the idea of yet another medical procedure when families have been hit with a horrible diagnosis and difficult treatment plan. The tissue-removing surgeries are typically done while a child is being sedated for another reason.

"We try to be thoughtful about the fact that their main focus and ours is on the survival of the child," said Dr. Erin Rowell, a surgeon at Chicago's Lurie Children's Hospital, where Talia is being treated.

"That often is the one piece of information that gives them a glimmer of hope," she said.

A baby boy in Belgium makes scientists think they're on the right track. He was born to a woman who at age 13 had ovarian tissue removed before undergoing harsh treatment for sickle cell anemia. Doctors believe she had signs of puberty when the tissue was frozen, according to a recent medical journal report. Ten years later the tissue was thawed and was grafted onto her remaining ovary. She gave birth last November.

Talia Pisano stands in her room at Lurie Children's Hospital in Chicago. Talia is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance at having babies of her own some day. CHRISTIAN K. LEE/THE ASSOCIATED PRESS

She is the youngest person to date to have had success. Although her eggs were likely more mature than those of prepubescent girls, the results are "super exciting," said Dr. Jill Ginsberg of Children's Hospital of Philadelphia, a pioneer in the field.

Dr. John Lantos, bioethics chief at Children's Mercy Hospital in Kansas City, Mo., says offering children the experimental fertility-preserving procedures poses no ethical issues "as long as there's informed consent."

After the tissue is removed, some is stored in liquid nitrogen for the patient's future use and some is sent to a central research lab at Northwestern University in Chicago, where scientists are studying ways to make it work.
THE ASSOCIATED PRESS

FERGUSON, MO.

Militia's return worries public

The return of an armed militia group patrolling the streets of Ferguson drew criticism Tuesday from both protesters and the county police chief overseeing security amid ongoing demonstrations marking the anniversary of 18-year-old Michael Brown's shooting death.

St. Louis County Police Chief Jon Belmar said the overnight presence of the Oath Keepers, wearing camouflage bulletproof vests and openly carrying rifles and pistols on West Florissant Avenue, the hub of marches and protests for the past several days, was "both unnecessary and inflammatory."

The St. Louis suburb was the focus of months of massive protests and sometimes violent unrest last summer after the killing of Brown by a white Ferguson police officer, which sparked a national protest movement and a fierce debate over how police treat minorities.

Belmar plans to ask county prosecutor Bob McCulloch about the legality of armed patrols by the far-right anti-government activist group, which largely comprises past and present members of the military, first responders and police officers. But Missouri law allows anyone with a concealed carry permit to openly display a firearm anywhere in the state.

Oath Keepers previously showed up in Ferguson in November after a grand jury declined to indict former Ferguson officer Darren Wilson in Brown's death, saying they stationed themselves along several downtown rooftops to protect businesses from rioting and looters. THE ASSOCIATED PRESS

market minute

DOLLAR
76.31¢ (-0.61¢)

TSX
14,414.67 (-51.72)

OIL
$43.08 US (-$1.88)

GOLD
$1,107.70 US (+$3.60)

NATURAL GAS: $2.844 US (+0.2¢)
DOW JONES: 17,402.84 (-212.33)

BAILOUT TALKS

Greece vows swift OK of deal

Greece agreed to harsh terms for a new three-year bailout Tuesday and vowed to push it through parliament this week, despite mounting dissent in the ruling left-wing party.

With the country facing the risk of a debt default next week, Prime Minister Alexis Tsipras had sought to speed up the talks and get approval of a deal this week.

After Greece and its creditors reached an accord on the main points on Tuesday, Tsipras called for an emergency session of parliament for a vote late Thursday.

Greece needs to start tapping the new bailout — worth 85 billion euros ($93 billion US) — so that it can make a key debt repayment next week and secure its future in the euro.

The draft agreement forces Tsipras to accept what he had vowed to resist only months ago: the sale of some state property and deep cuts to pensions, military spending and ending tax credits to people considered vulnerable.

Officials in Athens and the European Union said a few issues were left to be ironed out Tuesday. "We are very close. Two or three very small details remain," Finance Minister Euclid Tsakalotos said as he emerged Tuesday morning from all-night discussions with creditors.

Dissenters in Tsipras' left-wing Syriza party, who want to end bailout talks and return to a national currency, promised to fight the deal, describing it as a "noose around the neck of the Greek people."

Tsipras requested an end to the summer recess to allow for the two-day approval procedure and to get a vote before a meeting of eurozone finance ministers on Friday.
THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, August 12, 2015

metro's election explainer

Your candidate can live in Toronto but run in a B.C. riding. What gives?

THE FACTS
Unlike senators, who must reside and own property in the province they represent, members of Parliament have to make their home somewhere in Canada, but not necessarily in the riding or even the province they vote for in the House of Commons. In practice most places elect local candidates. In the U.S., members of the House of Representatives, the equivalent of our House of Commons, must be "inhabitants" of the state they represent, broadly defined. (They don't have to own property or have lived there for a particular length of time).
But for Canadian candidates, it's about who you're for, not where you're from.
Think of a junior hockey team: the players get popular support by playing their hardest for the hometown fans, whether they grew up around the corner from the rink or in a Swedish fishing town.

THE HISTORY
The lack of a residency rule has come in handy for parties looking to seat a new leader. In 1990, Jean Chrétien won leadership of the Liberals — but he wasn't an MP. A Liberal member resigned his Quebec seat and Chrétien won it in a byelection. Green Party Leader Elizabeth May, who is from Cape Breton, N.S., shopped for a riding she could win. She ran in London, Ont. in 2006, in central Nova Scotia in 2008, and finally scored a seat in 2011 in environmentally friendly Saanich—Gulf Islands, B.C.

THE CONTROVERSY?
Canadians haven't balked at voting for candidates who hail from far-flung environs, as long as the party of their choice wins the seat. The most prominent example is the Prime Minister: Though Toronto-born and raised, Stephen Harper's economic conservatism and support of the energy sector put him right at home with voters in Calgary Centre.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON A BREWING BREAKUP

THE QUESTION

After months of flirting with my barista, we finally started dating. Unfortunately, it ended badly. There's nowhere else convenient for me to pick up my morning java. Advice?

Dear Ellen,
After several months of flirting with a barista at my local Starbucks, we finally started dating. Unfortunately, it ended badly. I'm not upset about the breakup. The problem is, I'm now afraid to go into the coffee shop — partly out of fear of running into my ex, partly out of fear that his co-workers will be rude or do something to my drink.
The problem is, there's nowhere else convenient for me to pick up my morning java. Advice?
D.L., Winnipeg
Dear D.L.,
I must say, you are one cool customer. You flirt for months with some poor chump who's slaving over a steamy espresso maker, finally take him out a few times, then (by the sounds of it) dump him, and now you're miffed because his broken heart might inconvenience your morning routine?
OK, perhaps I'm being too hasty. Maybe your heart was broken. Maybe he used and abused you, dragged your tender feelings through the mud and tossed you aside like a soggy coffee filter — limp, stained, your innards suitable only for composting.
But for anyone in such a state, the mere idea of waltzing back into the store would probably be enough to cause a total nervous breakdown. So I'm going to assume here that you were not terribly upset by the breakup, and that he was.
Let me start by saying that it's nobody's fault when a relationship ends. If the romance were meant to be, it would be. Only a fool wants to date someone who's not into them. Only a moral coward dates someone they fundamentally don't want to be with. And only loathsome busybodies judge other people for ending relationships, whatever their reasons. (As a veteran of all three ridiculous positions, I know whereof I speak.)
The question is, when you say it ended "badly," are we talking about how he felt? Or about how you behaved? It's never going to end well when one person is in love and the other person is not. But it can end on a level playing field, with a shred of dignity intact on both sides, if the breaker-upper is honest about their feelings and intentions.
If you broke up fair and square with this person, you have nothing to be ashamed of. Hold your head high, sally forth into your 'Bucks and order your coffee with impunity. If your appearance is going to cause real pain to your ex, you might consider going without your morning java for at least a few weeks out of consideration for another human being's feelings. (And if you're serious about the co-workers adding extra-special ingredients to your brew, then, yes, do avoid the place completely.)
But if you behaved badly, dishonestly, cavalierly or disrespectfully before, during or after the breakup, I have to tell you that etiquette dictates total self-banishment from your local Starbucks. As a misguided relationship ruffian, you will have to get your (presumably iced) coffee elsewhere for the foreseeable future.

If you broke up fair and square with this person ... hold your head high and order your coffee with impunity.

Need advice? Email Ellen
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Nothing's strange about seeking sanctuary in a church

There aren't many good reasons to leave a slow, Sunday-afternoon barbecue on your friend's rooftop deck.
But a friend told me I should go. I was having a sad day, and she knew it would help.
"I already had my yoga and meditation this morning," she said with a half-smile. "You can come right back."
So I did. At the last possible moment, I got on my bike and headed to church.
St. Peter's is a large stone church, set back from the street, surrounded by lawns and gardens. You pass through three sets of thick wooden doors and emerge into a large, echoing chamber.
I was late. The church was half-empty, warm and dark, the sun muted through stained-glass windows. The pianist hadn't shown, and so instead a woman stood at the edge of the altar, singing alone into the microphone, her voice ringing off the vaulted ceilings and over the smattering of people in the pews.
I closed my eyes to listen to that sound — a single voice on stone.
Churches, to me, have a particular feeling. The air is calm. Little is demanded of me once I'm inside. It's similar to standing by the sea, floating in a lake or hiking in thick woods.
It's a sanctuary. It's a comfort. Sometimes, that comfort is small.
Sometimes it's vast. On Sunday, I entered sunken, and I left elated, lifted.
Everyone at the barbecue knew I'd gone to mass — the host and hostess, a couple I don't know well, other friends — and when I got back, no one blinked.
"How was mass?" they asked, and I told them about the singing. "Do you feel better?" one friend asked.
Immensely.

On Sunday, I entered sunken, and I left elated, lifted.

I arrived just as the sausages and chicken skewers came off the grill and onto a table crowded with salads, corn and fresh olive bread.
It wasn't long ago that I realized my friends don't just respect my faith. To a degree, they understand it.
They understand the impulse for comfort. The impulse for calm.
It surprised me the first time one of them suggested, when I was having a bad day, "You should go to church." Sometimes, it still does.
Then I remind myself there's nothing strange about it. Who couldn't use a sanctuary?

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"Every night I light a candle that he stays in the race until Sept. 8. But I also hope that nobody gets that candle too close to his hair."
- Stephen Colbert, on Donald Trump's presidential bid

Street food is ancient history

DINING ON-THE-GO

Grabbing lunch at the taco stand? The Romans did easy eats first

Grabbing something hot and tasty on the move? You have the ancient Romans to thank. "Street food" was their invention, generally enjoyed with wine, gambling or even prostitutes.

Food on the go was an integral part of daily life in the empire, from nibbling on salted peas while watching gladiators battle in the Colosseum, to grabbing a sausage or fried fish snack after a dip in Rome's famed baths.

Feeding an empire of some 50 million people was no mean feat, as an exhibition in the Italian capital sets out to show in conjunction with Milan's 2015 Universal Exhibition on the themes of food and agriculture, running until the end of October.

Food scarcity could trigger uprisings or even topple leaders, a risk Emperor Augustus (63 BC to 14 AD) was unwilling to take. He made importing wheat, oil, wine and other foodstuffs a top priority, changing the face of Roman dining.

Breakfast of Romans

A typical day kicked off with the **jentaculum**, or breakfast — salted bread, dried fruit and eggs washed down with milk or wine.

That was followed by a quick **prandium**, or lunch, grabbed at the **thermopolia** — forerunners of fast food restaurants — or popinae, wine bars frequented by the lower classes where customers could grab a bite, dabble in a bit of gambling, or pop upstairs for some sex.

Dining on peacock tongues

Following an afternoon's work or session at the thermal baths, the rich would throw sumptuous banquets, dining on anything from peacock tongues to baked dormice.

The rest of the population supped on fresh vegetables, stews and, occasionally, meat.

"The logistics deployed by the Romans to feed themselves is fascinating," said Orietta Rossini, curator of the Ara Pacis exhibition, emphasizing how hard it was to keep happy a capital of one million people — the biggest in history before the industrial revolution hit London.

The key lay in turning conquered Egypt into the empire's granary and ensuring wheat was transported cheaply to Rome all year round.

Our daily bread

Private shipowners would carry up to 500 tonnes of wheat between Alexandria and Rome under the strict supervision of the state in an early example of today's partnerships between the private and public sectors, Rossini said.

This made the emperor "the sole distributor of daily bread, the only one responsible for the supply of provisions." Augustus boosted his popularity by distributing 35 kilos of wheat a month free to 20,000 citizens — free men over 17 years old.

Egypt's role was later passed on to the empire's African provinces, with grain shipped from Carthage in Tunisia to Rome's Ostia port in just three days and nights.

Wine, sold at rock-bottom prices, was also imported, along with oil and meat.

Who gives a fig?

Samples of carbonized foodstuffs discovered during excavations at the ancient town of Herculaneum — destroyed along with Pompeii by the eruption of Mount Vesuvius in AD 79 — are on display at the exhibition, including wizened Roman-era figs.

The much-lauded "Mediterranean diet" began here: broad beans, peas, lentils and onions went in stews, with pine nuts, dates and almonds thrown in. Cumin, coriander, sesame and mint seeds were used to spice up dishes.

The globalization of foodstuffs seen in today's supermarkets was already in action, with wine imported from Gaul and Cyprus, oil from Andalusia, honey from Greece and prized **garum** — the fermented fish sauce which drove Romans crazy — from Portugal.

Chicken rare as hen's teeth

Food was such an important commodity that Emperor Diocletian, who ruled from 284 to 305, imposed price controls. But some dishes remained beyond the household budget for some — with chicken a particularly expensive and rare treat.

While a baker would on average earn 50 pieces of silver a day, he would have to spend 60 to buy two chickens, 30 for a half a litre of Falernian wine from the Bay of Naples, 12 for 300 grams of pork and four for 25 figs. AFP

EMPERORS' VEG

Asparagus for Augustus

The wealthy may have gone out of the way to impress with exotic dishes, but the Roman empire's leaders were fond above all of fruit and vegetables: Emperor "Tiberius loved cucumber, while Augustus loved asparagus," exhibition curator Orietta Rossini said.

COLOSSAL BITS AND BITES

The ancient Romans would snack on salted peas while watching gladiators at the Colosseum. ISTOCK

COCKTAILS

These ice pops give summer a delicious boozy kick

Elodie Noel
Metro in New York

Lick your liquor

These Harissa Bloody Mary pops are deliciously cool on a hot summer's day. HANDOUT

Summer heat just begs for a refreshing treat in any form. Well, we had an even better idea: Why not combine the best of the season's fresh fruits and delicious cocktails into a delicious treat. It even comes on a stick.

However, we've got some disappointing news for those of you hoping to get drunk on the sly with one of these healthy ice delights.

"You can't add too much in the way of alcohol to frozen treats as they won't freeze," says Morgan Greenhalgh, author of The Drink Blog.

His advice: "While they are kind of fun, I think the most ideal way to enjoy them is by having one and a cocktail on the side."

That's an opinion shared by Jacquee Stephens, the blogger behind I Sugar Coat It.

"Popsicles are a refreshingly cool summer treat that appeal to the kid in all of us," she says.

"They evoke such wonderful childhood memories. As an adult, pairing them with a favourite alcoholic drink really creates the best of both worlds."

Molly Yeh, founder of the aptly named food blog My Name Is Yeh, particularly enjoys the aspect of eating your alcohol slowly, nibble by nibble.

"For someone with a low tolerance, it's probably good that brain freeze stands in the way of me accidentally having my drink too quickly."

So get to the farmer's market, bring that lovely produce home and turn it into something beautiful and delicious.

And here's a sweet tip: To get the pops out easily, place frozen moulds under warm running water.

> **They evoke such wonderful childhood memories**
> Morgan Greenhalgh

RECIPE

Harissa Bloody Mary Pops

Tomatoes don't get any fresher than in August. These ice pops have the signature salty spiciness of a Bloody Mary, which can be a bit odd at first, but they are refreshing, healthy and give you just the right amount of buzz to make dessert extra fun.

Ingredients:

- 2 cups tomato juice
- 1/2 cup vodka
- 2 cloves garlic, smashed
- 3/4 tsp celery salt
- 1/2 tsp sugar
- 1/2 tsp harissa powder
- 3/4 tsp Worcestershire sauce
- A squeeze of lime juice
- A few turns of black pepper

Directions:

Whisk all ingredients together. Pour into popsicle moulds or 3-oz Dixie cups. Freeze for 20 minutes. Insert popsicle sticks and freeze for two more hours. Serve with celery stalks (and an extra vodka shot) and enjoy!

No purchase necessary. One entry per person. Contest open to residents of the cities of Toronto and Ottawa, Ontario; Vancouver, British Columbia; Calgary and Edmonton, Alberta; Winnipeg, Manitoba and Halifax, Nova Scotia who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Fifteen (15) prizes are available to be won in each city, each consisting of a double movie pass to a screening of "No Escape." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on August 11, 2015 and closes at 11:59 pm ET on August 17, 2015. To enter and for complete contest rules visit www.clubmetro.com

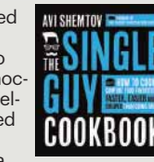
COOKING, BACHELOR STYLE

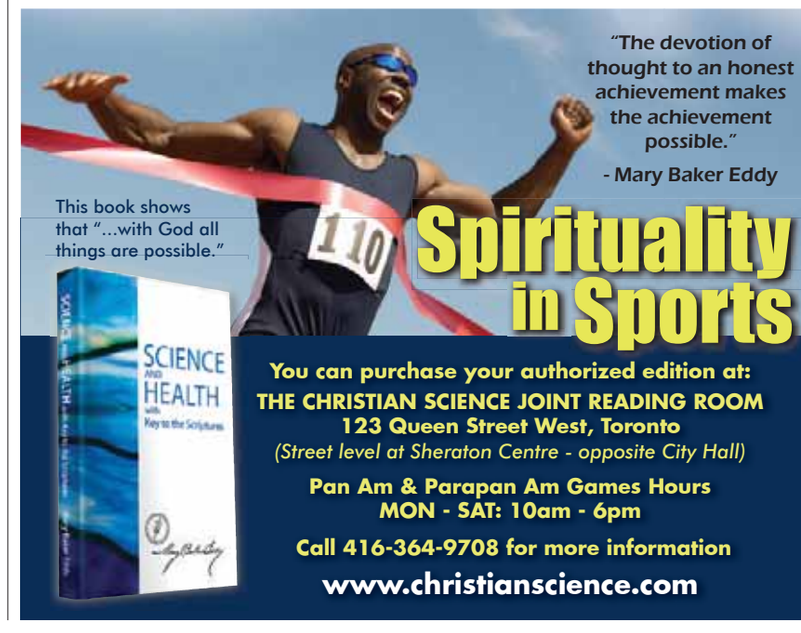
Cookbook teaches single guys to cook, maybe get a date

Single and looking? If you're a guy who's willing to do some cooking, Avi Shemtov has you covered.

Admittedly, Shemtov's initial attempt to feed dudes on the prowl read a bit too much like the love child of Rachael Ray and a Craigslist Casual Encounters ad.

But mostly the book is an enticing collection of comfort food designed for the solo fellow willing to put a little effort. Shemtov doesn't dumb it down. The recipes — which include everything from waffle-battered chicken tenders to potato gnocchi and kielbasa-based spaghetti carbonara — aren't difficult, but they are real. THE ASSOCIATED PRESS

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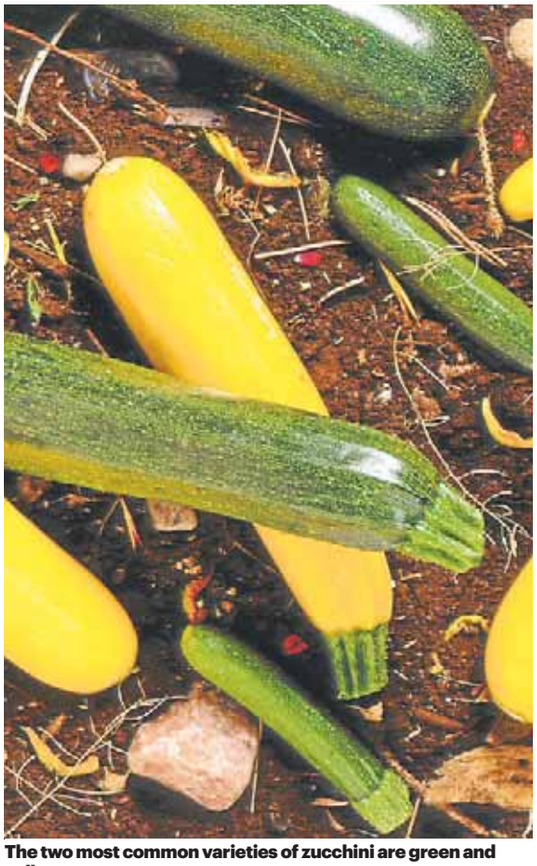

The two most common varieties of zucchini are green and yellow. FOODLAND ONTARIO/THE CANADIAN PRESS/HANDOUT

A zucchini dish for every palate

IN SEASON

This versatile veggie is a healthful add to any meal

If you don't know someone who's trying to give away zucchini right now, you probably don't know anyone who is growing it.

This summer squash grows easily and in great abundance, and if it's not picked when it's relatively small — 15 to 20 centimetre — an individual zucchini can grow as big as your arm. And the thing is, the big ones are just as edible as the little ones, although they may be a little more fibrous.

Fortunately, there is almost no end to the culinary uses of zucchini.

"It grows so prolifically that when people had a lot of it, they got very inventive with what they would do with it," says Yvonne Tremblay, a freelance recipe developer, food stylist and cookbook author from Mississauga.

She always cooks zucchini and cites classic dishes such as ratatouille (a traditional Provencal stew of eggplant, zucchini, onion, tomato and peppers) or grilled summer vegetable medleys among her favourite uses. It's also great in soups.

But zucchini is equally good raw — shredded into slaw, sliced into green salads, eaten as a solo snack or as part of a crudités platter with dip.

It can also be made into jams, relishes and pickles, can be used as a substitute for pasta, can be cooked into lasagna or omelettes, used as a pizza topping, baked into chips or hollowed out and stuffed with almost anything from a mushroom mixture to cheese, meats, other vegetables or bread crumb mixtures.

Before stuffing a zucchini to be baked, the hollowed-out shell should be slightly baked on its own, cut side down, to eliminate some of the moisture content, Tremblay advises.

It lends itself equally well as an ingredient in desserts, including cakes, cookies, chocolate brownies and endless varieties of bread or sweet loaf.

What makes zucchini so versatile is its mild taste. Some might even call it bland. But this makes it receptive to combinations with an endless selection of other foods. Zucchini is classed as a summer squash partly because it is available earlier in the growing season than most squashes but also because it is fairly fragile and cannot be stored for long periods. THE CANADIAN PRESS

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ZUCCHINI HAS JUST 16 CALORIES PER 100 GRAMS. IT ALSO HAS ANTIOXIDANT PROPERTIES AND IS A GOOD SOURCE OF VITAMINS A AND C.

ITALIAN WINE

Pairing grape and grill

LIQUID ASSETS

Peter Rockwell
@therealwineguy

If I asked you to name a country famous for barbecue, would you say Italy? I didn't think so. That hasn't stopped the Italians from making a plethora of wines that match perfectly with grilled grub. To spotlight a few: there's the cherry goodness of a Chianti from Tuscany, the meaty muscle of an Aglianico-based red from Campania and, of course, the juicy berry fruit that's squeezed out of Veneto's Valpolicella.

While a light, traditional Valpolicella will charm the char off almost anything barbecued, its ripasso version is a weightier foil for heavier meat dishes. Masi invented the ripasso process, introducing its Campofiorin to the world 50 years ago and the 2011 vintage celebrates that accomplishment.

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

FILM PREMIERE ON AN 'IT GIRL TRAJECTORY' Actress Alicia Vikander attends the premiere of director Guy Ritchie's action film The Man from U.N.C.L.E. in Toronto on Tuesday. Entertainment Weekly recently declared that the Swedish beauty is on a "high-speed It Girl trajectory in Hollywood." Vikander also starred in Ex Machina and Anna Karenina, and will appear in next year's Jason Bourne installment alongside Matt Damon. Based on the 1960s television spy series of the same name, The Man from U.N.C.L.E. opens this weekend. LIZ BEDDALL/METRO

IN BRIEF

Kim's hard pill to swallow
The Food and Drug Administration says reality TV star Kim Kardashian's social media posts violate federal drug-promotion rules. Kardashian recently began promoting a prescription pill to treat morning sickness on her social media accounts. "I tried changing things about my lifestyle ... but nothing helped, so I talked to my doctor," the post states. "He prescribed me #Diclegis, and I felt a lot better and most importantly, it's been studied and there was no increased risk to the baby." The posts link to a company website that includes the FDA-approved labelling information. But FDA regulators say the posts violate rules for promoting drugs because they don't mention side effects of Diclegis, which include sleepiness that can make it dangerous to drive or perform other activities requiring mental alertness. THE ASSOCIATED PRESS

MUSIC

Drake record first platinum of 2015

Drake can now claim the first million-selling album of 2015.

The Toronto rapper's If You're Reading This It's Too Late just surpassed that milestone in the U.S., according to Billboard.

The only other album to jet past the million mark in sales in 2015 was Taylor Swift's "1989," which was a 2014 release.

Drake now has four albums that have reached platinum certification in the U.S., with 2011's Take Care standing as his only double-platinum release.

He has generally seemed to regard If You're Reading This... as a mixtape rather than a proper album, and the collection didn't receive a physical release until months after it had been available to stream.

The 28-year-old celebrated the milestone on Instagram.

"Platinum off the tape. Views up next," he said, referring to presumed follow up, Views From the 6. "Thank you once again." THE CANADIAN PRESS

Drake gets his fourth platinum record with If You're Reading This It's Too Late. KEVIN WINTER/GETTY IMAGES FOR COACHELLA

Throw one's cast up in Horror

Details have been scarce about the new season of American Horror Story, but at the Television Critics Association tour, the stars gave brief summaries of who they are playing **LISA WEIDENFELD/METRO IN HOLLYWOOD**

Angela Bassett

"I have a strong, lasting relationship with Stefani's character, so I'm sure I'll be at odds with Donovan over who gets the girl. I'm also a fabulous actor."

Denis O'Hare

"I'm playing Liz Taylor, movie icon. And I'm not actually playing Elizabeth Taylor, but I'm playing a person who is impressed by the awesomeness of things like Butterfield 8 and Cleopatra. I shaved my head for the part and... other body parts."

Cheyenne Jackson

"I'm playing Will Drake, fashion icon. He's trying to creatively reestablish himself, so he moves from N.Y. to L.A., is a father, and a little desperate."

Chloë Sevigny

"I play Alex Lowell and I play the wife of Wes Bentley and a mother and a doctor and am dealing with a great loss in our family."

Ryan Murphy on Lady Gaga's character

"Her character name is Elizabeth. She owns the hotel. She's sort of a very wealthy social doyenne who is consumed with art and fashion and people and she has a nefarious plan that is revealed in the first episode that plays out over the course of the season."

Finn Wittrock

"I'm playing a male model named Tristan Duffy who's sort of always looking for the next high and I think sort of finds the biggest high in Lady Gaga and we have a lot to do together. She sees all of me."

CONTRIBUTED

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metro DRIVE

Your essential daily news

Tesla says hackers 'a community that we want to be part of' to defend high-tech cars

New Maxima flaunts size, sizzle

ROAD TESTED

THE CHECKLIST | 2016 NISSAN MAXIMA

THE BASICS

Type. Full-size, four-door, FWD sedan
Power. 300-hp 3.5-litre V6
Transmission. CVT automatic
Price. Base $35,900 (plus destination)

NOTABLE FEATURES

- Driver Attention Alert system alerts driver when drowsy and/or inattentive
- Around View Monitor with moving object deception
- NASA-inspired "Zero Gravity" seats for initial softness and long-term comfort

POINTS

- No "stand-alone" options, just four distinct trim lines — SV, SL, SR, Platinum — each with distinct features and personalities
- Increased fuel efficiency through lightness and underbelly aerodynamics
- Exterior design channels the vibe of the cockpit of an aircraft jet fighter

MARKET POSITION

- Largest sedan in the Nissan portfolio, historically pitched as the "Four-door Sports Car"
- Prime target is Generation X, 45-year-old father striving for good work-life balance
- Positioned in "progressive premium" subset of large-car segment

THE COMPETITION

Chrysler 300
Base price: $38,159

Ford Taurus
Base price: $28,284

Toyota Avalon
Base price: $38,185

REVIEW

Nissan makes a strong case for the large car

Mike Goetz
Metro | Canada

Cars are losing favour to crossovers, and none more so than the big sedans from the mass-market brands. Sales have shrunk considerably.

So when it came time to build another all-new Maxima, Nissan could have gone a number of ways, anything from totally reinventing it to appeal to a different and larger crowd, to maybe not even making another Maxima, and letting Altima and Infiniti Q50 cover the territory, which they somewhat do already.

In the end, Nissan chose an interesting strategy. This 2016 Maxima is much like previous generations, in that it's still big, still V6-only powered, and still only front-wheel drive, in an era where everything new now seems to go with turbo fours and some kind of AWD system. But it's changed, too — with dramatic styling inside and out, and with some new and meaty and interesting technologies, all of which conspire to give the car an appealing "over-engineered" vibe.

An abbreviated list of some of the new engineering bits include the first use of 1.2GPa high-strength steel in a Nissan sedan, a new-generation CVT (transmission) that feels very much like a geared transmission; an Active Noise Cancellation system to quell bad noises and an Active Sound Enhancement system to enhance good noises; and Drive Attention Alert, which learns a driver's steering patterns to determine deviations and warns drivers of their possible weariness behind the wheel.

I was fresh and juiced up on caffeine when I had my first fling with this new Maxima, so the Alert system's Coffee Cup icon didn't light up in the gauge cluster. All models have a "Sport" and "Normal" drive-model selector to sharpen steering and shift points, but our tester was the SR model, which also enlists active braking and suspension to help the sporting cause.

No question this is a fast car, a fun car to control behind the wheel, and a deserving descendent to the Maxima's legacy as the "four-door sports car."

The seating and driving position could hardly be better. A new aspect of the intriguing interior design is to tilt the console seven degrees toward the driver (as in the Nissan GT-R).

The interface has a new touchscreen panel that responds to finger-swiping, and a new controller with some added features. Everything works intuitively, though you always take a second or so to decide which way to go — touchscreen or controller.

The back seat is absolutely great and voluminous for two. Three can go back there, but the middle person will kvetch.

Not sure any large sedan will keep people from running to the crossovers, but the 2016 Maxima is a wonderful car and will reward those who remain faithful to the genre.

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Rav4 FWD LE all in lease payment is Semi-monthly for 60 months with $1,950 down payment when you apply the $250 Lease Assist. Includes freight and fees, HST extra. All in Finance price is Bi-weekly for 84 months. Includes freight and fees, HST extra. All in price includes freight and fees, HST extra.
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They clean up the mean streets

Bob Doupe of the Ministry of Transportation shows some of the items that have been picked up from the highway. PHOTOS BY JILL MCINTOSH/FOR METRO

FINES
In Ontario, fines for an unsecured load or parts falling off can reach $2,000 for regular vehicles, and $20,000 for commercial ones.

DRIVING FORCE

Clearing highway debris no easy task

Jil McIntosh
For Metro

If something can go in or on a truck or trailer, then it can also fall off it. That can pose a serious hazard to other motorists, but it can be just as dangerous for the crews whose job it is to clean the highway up.

"It's really about traffic control, and then picking up the object after the traffic is controlled," says Bob Doupe, maintenance superintendent for the Ministry of Transportation's office in Whitby, Ont. "It's done in a manner that's also safer for the travelling public."

Cleanup crews go out in a pickup truck to retrieve objects. On a smaller highway, it's often enough to put out a sign warning of road work ahead.

But on a multi-lane highway, there must also be a crash truck. In addition to its flashing lights and directional arrow, it also has a crash attenuator, which sticks out the back and absorbs energy if a vehicle runs into it. This happens with surprising frequency. "Being in those crash trucks is a dangerous job," Doupe says.

The crash truck diverts traffic out of the lane so the crew can pick up the debris. The operation always starts at the shoulder, so cars can only pass the crew on one side. If the item is in a middle lane, extra crash trucks or police officers will be called in to close successive lanes, starting at the shoulder.

If it's too far out from the shoulder, or if the debris covers too many lanes, the crash trucks and police will initiate a "rolling stop." Starting well ahead of the problem, they'll block all lanes by driving very slowly and keeping traffic behind them until the crew has the mess cleaned up.

This can present a problem, Doupe says, when drivers at the back of the jam finally get to the trouble spot. They don't see the debris that's been cleaned up, and think that workers have closed the highway for nothing. "Sometimes they'll throw stuff at the crew, in addition to the insults," he says.

If you see debris on the road, call the police, who will alert the cleanup crews. And if something falls off your vehicle, never run into traffic to pick it up. People have been killed doing that, even when objects are close to the shoulder, so call for help and wait for the crew to show up.

OVERBOARD

- When you see a cleanup crew, slow down, obey the arrows, and give workers plenty of room for safety.
- Unusual objects the crews have picked up include landscaping rocks, a bathtub surround, a cash register, a handgun, and sex toys.
- Road debris is brought back to a depot, where tires and metal go to recycling, and everything else goes to the trash.

A crash truck diverts traffic on the highway so crews can clean up debris.

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Starting From Price for 2015 Dodge Journey Crossroad shown: $31,785.§

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Excludes 2015 Dodge Challenger/Charger SRT Hellcat and 2015 Dodge Viper. Eligible customers include all original and current owners of a Chrysler, Dodge, Jeep, Ram or FIAT model with an eligible finance or lease contract maturing after January 1, 2015. Trade-in not required. See retailers for complete details. »$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015 Ram 1500 (excludes Regular Cab), 2014/2015 Ram 2500/3500, 2014/2015 Ram Cab & Chassis trucks, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before August 1, 2015. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed an Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. ‡3.49% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. 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See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ±Based on 2014 *Ward's* Lower Middle Sedan segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data available as of July, 2014 for Crossover Segments as defined by FCA Canada Inc. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Malibu sheds some pounds

TEXT AND IMAGES BY WHEELBASE MEDIA

REDESIGN

Chevrolet's 'strength training program' rids 150 kg

The next-generation Chevrolet Malibu midsize sedan will have more interior space and close to 150 kilograms less than the current model, the company says. The 2016 Malibu is expected to go on sale before the end of this year. Parent company General Motors says its engineers aggressively addressed two of the current car's main deficiencies, namely its cramped back seat and high weight compared to competing vehicles. The Malibu will be built on an entirely new chassis with nearly 10 centimetres more distance between the front and rear wheels. Combined with the lighter weight of the vehicle, the ride and handling should improve. Chevrolet engineers put the new Malibu "on a strength training program, making it sweat out a pound here and a gram there."

THE GREEN ANGLE
Metro's weekly picks for the latest in environmental news

POWER

Solar bike path shows promise

Dutch company SolaRoad reports that a 70-metre test section of bike path embedded with solar panels near Amsterdam is producing more power than was originally expected. The bike path has already generated 3,000 kilowatt hours of electricity, enough to power a single-person Dutch household for a year. SolaRoad has ambitious plans for its concept, envisioning solar roads as not only a way to generate power, but also a real-time mechanism to monitor traffic using embedded sensors, and to possibly guide self-driving cars. SolaRoad reportedly built the demo bike path at a cost of $3.7 million US.

+ BATTERY PACKS

Energy storage in Mercedes-Benz's future

Mercedes-Benz plans to enter the energy storage business, saying it has been testing lithium-ion battery packs for light industrial, commercial and home applications.

The individual battery packs can be "stacked" or combined to provide more storage capacity for a given site.

Through its ACCUmotive subsidiary formed in 2009, Mercedes-Benz — itself a subsidiary of German industrial giant Daimler — has reportedly already delivered more than 60,000 lithium-ion cells to customers.

The possibility of Daimler jumping into the energy-storage market, relatively soon after California electric vehicle startup Tesla's move into home storage, indicates just how big a business energy storage could become over the next few years, suggests alternate vehicle website Green Car Reports.

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GT model shown

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Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from $1,495 to $1,695 depending on model), EHF tires ($28.45), EHF filters (ranges from $1.00 to $1.55 depending on model), A/C charge ($100 except Civic DX models), and OMVIC fee ($5). Taxes, license, insurance and registration are extra. ΩRepresentative weekly lease example: 2015 Civic DX Sedan (Model FB2E2FEX) // 2015 CR-V LX 2WD (Model RM3H3FES) // 2015 Accord LX Sedan 6MT (Model CR2E3FE) on a 60 month term with 260 weekly payments at 0.99% // 1.99% // 0.99% lease APR. Weekly payment is $38.96 // $69.90 // $61.95 with $0 down or equivalent trade-in and $1,100 // $400 // $550 total lease incentive included. Down payments, $0 security deposit and first weekly payment due at lease inception. Total lease obligation is $10,130.11 // $18,173.41 // $16,107.41. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. *$1,000 Lease Bonus offer will be deducted from the negotiated price after taxes, can be combined with advertised lease rates, and applies to retail customer agreements for new 2015 Honda Civic models concluded between August 1st, 2015 and August 31st, 2015 at participating Ontario Honda Dealers. ♦$2,000 // $2,000 // $1,500 // $2,500 // $5,000 total customer cash incentive is valid on any new 2015 Accord Coupe // 2015 Accord Sedan (except LX 6MT) // 2015 CR-V (except CR-V LX 2WD) // 2015 Odyssey // 2015 Pilot models when registered and delivered between August 1st and August 31st, 2015. Cash incentive is available for all Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2014.

metro SPORTS

Winnipeg QB Drew Willy will be out at least six to eight weeks with a knee injury

Lawrie looks back fondly on time with Blue Jays

MLB

B.C. native able to dodge DL since departure from Toronto

Brett Lawrie spent parts of four seasons lounging in the spacious Toronto Blue Jays clubhouse before games. On Tuesday, for the first time in his career, he found himself in the much smaller visitor's locker-room down the hall.

Traded from Toronto to the Oakland Athletics for MVP candidate Josh Donaldson in the off-season, Lawrie is back in the Canadian city for a three-game series against his former squad.

But the Langley, B.C., native wasn't too fazed by being in the tighter confines of the visitor's clubhouse.

"You come into the stadium and do your regular routine and yeah it's a little different, but it's a locker-room — same old same," Lawrie said before Tuesday's game.

"More or less any time you come across the border and have to show your passport, yes (it feels like a homecoming). But it's good to be back. It's nice to be here."

Athletics third baseman Brett Lawrie stretches on Tuesday in Toronto. Blue Jays third baseman Josh Donaldson, who was traded for Lawrie, can be seen in the background.
CARLOS OSORIO/TORSTAR NEWS SERVICE

As a Canadian-born player, Lawrie was always considered a fan favourite during his time in Toronto. His numbers, when he was healthy, contributed to his popularity.

> **Brett was popular here. One thing Brett did, Brett got after it every night, played hard, never let up.**
> Blue Jays manager John Gibbons

In 345 games with the Blue Jays over four seasons, Lawrie batted .265 with 43 home runs and 157 runs batted in.

For the most part, the former first-round draft pick of the Milwaukee Brewers looks back on his Toronto days fondly.

"It was a great time," he said. "I was young and didn't really know what to expect. I was just coming into the big leagues with a new group and I was Canadian so everything was kind of a plus for me.

"Great reception wherever I went, everybody was definitely first class. It was great to be around the city and be Canadian and be treated the way I was. I'll never forget it."

While the A's are in the midst of a down year — sitting last in the American League West with a 51-62 record going into Tuesday's game — Lawrie is enjoying a productive season, batting .268 with a .306 on-base percentage, 10 home runs, 45 RBIs and 95 strikeouts through 106 games.

He's also been able to avoid the disabled list, where he spent significant amounts of time with oblique and back injuries during his Toronto days.

"I'm good, I'm happy that I'm healthy," said Lawrie, who added that not playing on artificial turf has a lot to do with that. "I continue to work on that and try to stay on the field."
THE CANADIAN PRESS

$95

The average price, in U.S. dollars, for a ticket sold on Stubhub for Friday night's game at Rogers Centre between the Blue Jays and Yankees. There are even sellers with tickets in the 500 level (face value of $16 each) asking for just under $10,000 Cdn, but Jeff Poirier, Stubhub's manager in Canada, says the "price is unrealistic and the ticket will likely not sell."
TORSTAR NEWS SERVICE

STRO SHOW

Gibbons won't rule out Stroman for 2015

Toronto Blue Jays manager John Gibbons isn't counting out the possibility that injured pitcher Marcus Stroman will be starting for the big-league club before the season is over.

But he's not banking on that, either.

Stroman, the 24-year-old right-hander who tore the ACL in his left knee during spring training, threw off a mound on Tuesday for the first time since before the injury.

While Stroman tweeted on Monday that Dr. James Andrews, who performed the ligament-repairing surgery in March, was "stunned by the progression" he's made with his knee, Gibbons remained uncertain that the young pitcher could return by September.

"We're cautiously optimistic," Gibbons said. "But we can't get carried away here. The kid's got a lot riding on his future."

A bullpen role, Gibbons suggested, might be more realistic.

"He just threw on the mound for the first time today ... so it might be a little far-fetched," Gibbons said. "I don't want to say no but there might not be anything wrong with him getting out the 'pen either."

Marcus Stroman
GETTY IMAGES

Eugenie Bouchard has dropped 13 of her past 15 matches.
FRANK GUNN/THE CANADIAN PRESS

ROGERS CUP

Bouchard served first-round departure

Canadian Eugenie Bouchard has been eliminated from the Rogers Cup after losing to Switzerland's Belinda Bencic.

Bouchard lost 6-0, 5-7, 6-2 in her first-round match Tuesday night on centre court at Aviva Centre.

The 21-year-old from Westmount, Que., has now lost her first match in eight of her past 10 WTA tournaments.

Bouchard has also dropped 13 of her past 15 matches overall.

Bencic, the 20th-ranked player in the world, moves on to face fourth-seeded Caroline Wozniacki in the second round.

Bouchard's struggles began a year ago when the Rogers Cup was in Montreal and she lost to qualifier Shelby Rogers.

Since then, she has fired two coaches — Nick Saviano in November and Sam Sumyk last week.

Bouchard said she was working with Marko Dragic on a short-term basis for the Rogers Cup.

Bouchard's exit means there are no Canadians left in women's singles play.

MEN'S DRAW

In Montreal, Vancouver's Vasek Pospisil, a semifinalist in 2013, got past Lu Yen-Hsun 6-4, 6-3, while Frank Dancevic of Niagara Falls lost 6-2, 6-4 to Pablo Andujar.

Francoise Abanda of Montreal lost to 16th-seeded Andrea Petkovic of Germany 3-6, 6-4, 6-2, and Carol Zhao of Richmond Hill, Ont., lost 6-1, 6-1 to American Madison Brengle.

Earlier Tuesday, Serena Williams started slow but had little trouble avoiding an upset scare.

The world's No. 1-ranked player lost the first set but came back to beat Italy's Flavia Pennetta 2-6, 6-3, 6-0.

When Williams found her groove in the middle of the second set, she was just too much for Pennetta.

The 21-time Grand Slam winner won a day after sister Venus Williams was eliminated in straight sets by Germany's Sabine Lisicki. THE CANADIAN PRESS

Selfie-styled gold medallists

PARAPAN 2015

Prolific Huot, Stilwel stand out on big day

Veteran Canadian Paralympians Michelle Stilwell and Benoit Huot added Parapan Am gold to their already glittering medal collections on Tuesday.

Wheelchair racer Stilwell won the 100-metre T52 race while star swimmer Hout led a Canadian sweep in the men's 400-metre freestyle S10 class.

The two are among Canada's most decorated para-athletes.

At the 2000 Paralympics in Sydney, Stilwell was part of Canada's gold-medal winning wheelchair basketball team. Eight years later in Beijing, she won gold in both the 100- and 200-metre wheelchair races. She defended her 200 gold medal in London in 2012 but settled for silver in the 100. She's also a three-time world champion.

Michelle Stilwell HANDOUT

Huot has nine Paralympic gold medals along with five silver and five bronze. The native of Longueuil, Que., who has a club foot, edged teammates Isaac Bouckley of Oshawa and Alexander Elliot of Waterloo on Tuesday. The gold could be the first of several medals for Huot, who won six at the 2007 Parapans in Brazil.

"I was excited to race," he said. "The first three days were beginning to feel like a long wait."

Fellow Canadian swimmers Katarina Roxon of Kippens, N.L. (women's 100 breaststroke SB8) and Aurelie Rivard, St-Jean-sur-Richelieu, Que., (women's 400 freestyle S10) also captured gold to continue Canada's medal haul in the pool. Only Brazil has won more swimming medals at the Games so far.

"I could hear the crowd cheering the last 25 metres," said Roxon. "I just wanted to get to the wall quicker and do it for Canada."

Stilwell, a cabinet minister in B.C. Premier Christy Clark's Liberal government, raced to gold in the 100-metre T52 event in 19.58 seconds, edging Americans Kerry Morgan and Cassie Mitchell. Saskatoon's Becky Richter was fourth.

In other results at the track, Kyle Whitehouse of St. Catharines took silver in the men's 100 metres T38 for athletes with cerebral palsy while Rennee Foessel of Mississauga won bronze in women's F37/38 javelin.

Canadians won three silver medals in the boccia competition. Hanif Mawji of Burnaby, B.C., was second in the individual BC1 event while Adam Dukovich of London, Ont., took silver in the BC2 competition and Eric Bussiere of Vercheres, Que., lost in the final of the BC3 division.

In boccia — a distant cousin to lawnbowling and bocce — wheelchair athletes try to place the six game balls as close as possible to a white target ball known as the jack. Athletes can push, kick or propel the balls with assistive devices depending on their level of physical mobility. THE CANADIAN PRESS

Canadian swimmers Benoit Huot, from left to right, Alexander Elliot, and Isaac Bouckley swept the 400-metre freestyle S10 on Tuesday night. DARREN CALABRESE/THE CANADIAN PRESS

RIVARD

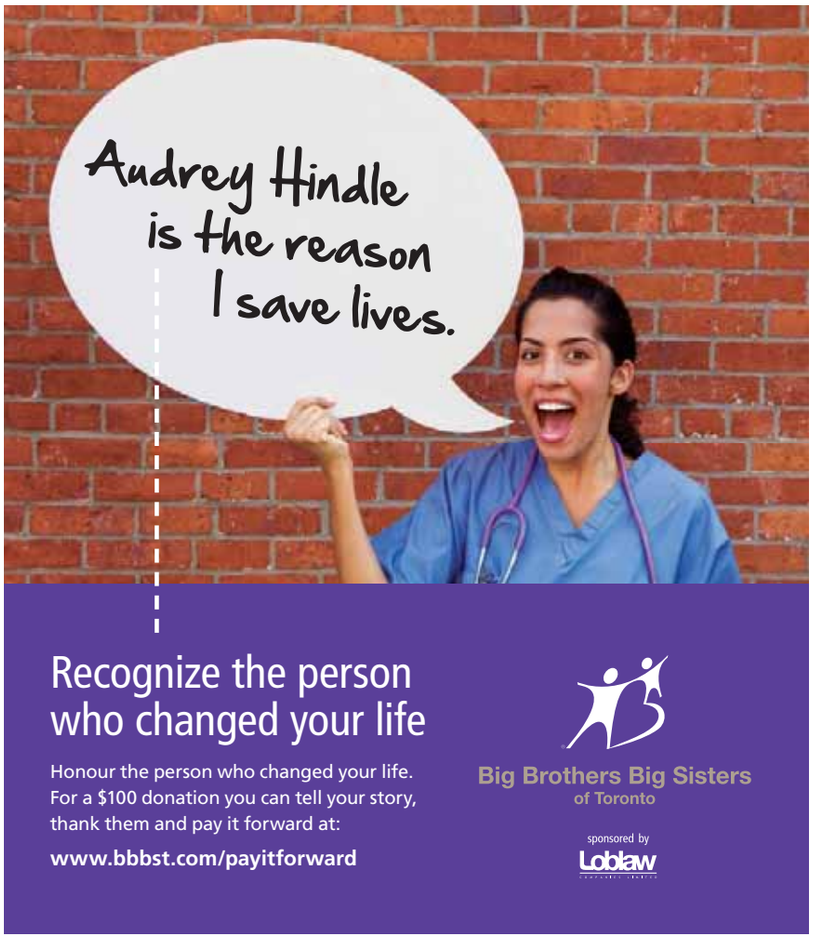
Aurelie Rivard, of St-Jean-sur-Richelieu, Que., set an Americas record with a time of 4:33.40 to capture gold in the women's 400-metre freestyle S10.

THE CANADIAN PRESS

ROXON

Katarina Roxon, of Kippens, N.L., took the women's 100-metre breaststroke SB8 gold medal in a Parapan Am record 1:22.18.

THE CANADIAN PRESS



WHEELCHAIR BASKETBALL

Dini finds 'family' on hardwood

When Canada's men's wheelchair basketball team breaks from a huddle, the players touch arms in their version of hands-in.

The reigning Paralympic gold medallists will tell you they are as close as any family, their teammates like brothers. And for Abdi Dini, that means just a little bit more.

The 34-year-old hasn't seen his parents since he was 12, when his dad Mahamoud and mom Anab sought better health care and a brighter future for their son, putting him on a plane from Somalia to live with an uncle in Toronto.

Almost two years earlier, in a country embroiled in civil war, Dini was struck by a stray bullet during school recess and became a paraplegic.

"First with his disability, that's tough enough," said Canada's coach Steve Bialowas, who has coached Dini since he was 16. "He has his uncle, but it's tough especially as a teenager, he hasn't seen his parents since. I think his club team and now with Team Canada, you become his family."

Canada has a strong tradition in wheelchair basketball and will be looking to defend gold at the next summer's Paralympics in Rio.

The men are 2-0 in the eight-team Parapan Am tournament, which is a qualifier for Rio. They opened with a 102-27 rout of Venezuela before cruising to a 74-55 victory over Mexico. They were scheduled to face undefeated Argentina on Tuesday night.

Canada's women's team improved to a 3-0 record on Tuesday with an 82-51 win over Brazil.

Dini says he couldn't have imagined the hard road from Somalia would lead him to where he is now: a Paralympic gold medallist and a key member of the Canadian team playing in front of noisy, packed crowds at the Parapan Am Games.

"You never really think this might happen," Dini said. "But you do think about your dreams, things you want to accomplish in life." THE CANADIAN PRESS

Canada wheelchair basketball player Abdi Dini practises last week in Toronto. DANIEL OTIS/TORSTAR NEWS SERVICE

POINTS SYSTEM

Wheelchair basketball features a point system from one to 4.5, based on a player's functional ability. The lower the number, the more severe a player's disability is.

Dini is a one-point player, meaning he has less functional ability than virtually every one of his teammates. But you'd never know it by the fluidity with which he moves and the ease with which he can knock down shots.

SOCCER BARCA WIN SUPER CUP THRILLER Lionel Messi curls in the first of his two set-piece goals during Barcelona's 5-4 UEFA Super Cup win over Sevilla. IVAN SEKRETAREV/THE ASSOCIATED PRESS

SOCCER IN BRIEF

Stoke bag Swiss star Shaqiri

Stoke has completed the signing of Swiss international midfielder Xherdan Shaqiri from Inter Milan for a club-record fee of 12 million pounds ($18.68m).

The Premier League club says Tuesday that the 23-year-old has signed a five-year deal. The fee eclipses the 10 million pounds the club paid for striker Peter Crouch in 2011. THE ASSOCIATED PRESS

Xherdan Shaqiri GETTY IMAGES

Shots fired at Turkish player

Turkish club Fenerbahce says assailants fired shots at midfielder Mehmet Topal while he was driving, but the player escaped the attack unhurt.

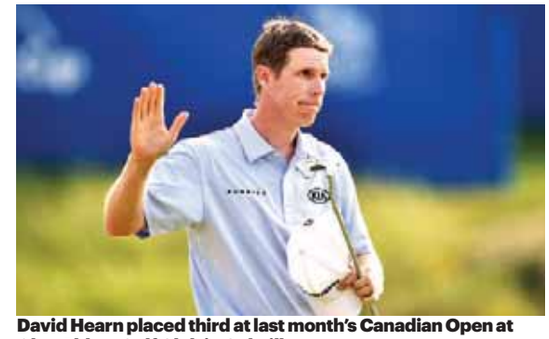
The club said the player was targeted Tuesday while driving home from training. The shots hit his bullet-proof windscreen.

"This attack is an armed act of terrorism," a club statement read. THE ASSOCIATED PRESS

Hot Hearn on hunt for major success

GOLF

Canuck a good outside bet to take down PGA Championship



David Hearn placed third at last month's Canadian Open at Glen Abbey Golf Club in Oakville. MINAS PANAGIOTAKIS/GETTY IMAGES

Canadian David Hearn knows that he can make a PGA Tour breakthrough as long as he keeps trying. Hearn is having the best season of his pro career and has become a popular dark-horse selection to win the PGA Championship, the final major of the season.

A third-place finish at the RBC Canadian Open three weeks ago helped Hearn pass the $1.7 million US mark in earnings this season. More importantly, it's given him momentum headed in to the PGA Championship.

"My confidence is definitely very high right now," said Hearn on Thursday. "To be in contention and to play the golf I did at the Canadian Open felt amazing. I'm definitely playing with confidence."

The 36-year-old Hearn's best finish at the PGA Championship came in 2013 (T47). Despite the way Whistling Straits is designed — it's more links-style than a traditional PGA Championship layout — Hearn says he knows what it will take to contend.

"The reasons that major champions are the best in the game is because they're able to keep golf at it's most simple," said the native of Brantford, Ont. "It really boils down to making good shots and good putts when you need to, regardless of what the golf course looks like."

Whistling Straits was also the site of the 2004 and 2010 PGA Championships where Fiji's Vijay Singh and Germany's Martin Kaymer were the respective champions. Both would go on to become No. 1 in the world.

Graham DeLaet of Weyburn, Sask., and Nick Taylor of Abbotsford, B.C., were scheduled to be the other Canadians at the PGA Championship, but DeLaet, 33, pulled out on Monday as he continues to struggle with an injured left thumb — the same injury that forced him out of the RBC Canadian Open three weeks ago.

Although not in the Presidents Cup conversation, Taylor is in the PGA Championship thanks to his maiden Tour victory in November — something both Hearn and DeLaet are still shooting for. The 27-year-old will be playing in his first major as a pro. THE CANADIAN PRESS

> **My confidence is definitely very high right now.**
> Canadian golfer David Hearn

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Ready in
Prep time: 10 minutes
Serves 4

Ingredients
- 2 ripe avocados
- 1/3 cup light mayonnaise
- 2 tsp Worcestershire sauce
- 2 Tbsp chili sauce (Heinz)
- 6 oz baby shrimp, defrosted and cooked, with excess liquid squeezed out
- 1/2 cup finely diced red bell pepper
- 2 Tbsp finely chopped green onions or chives

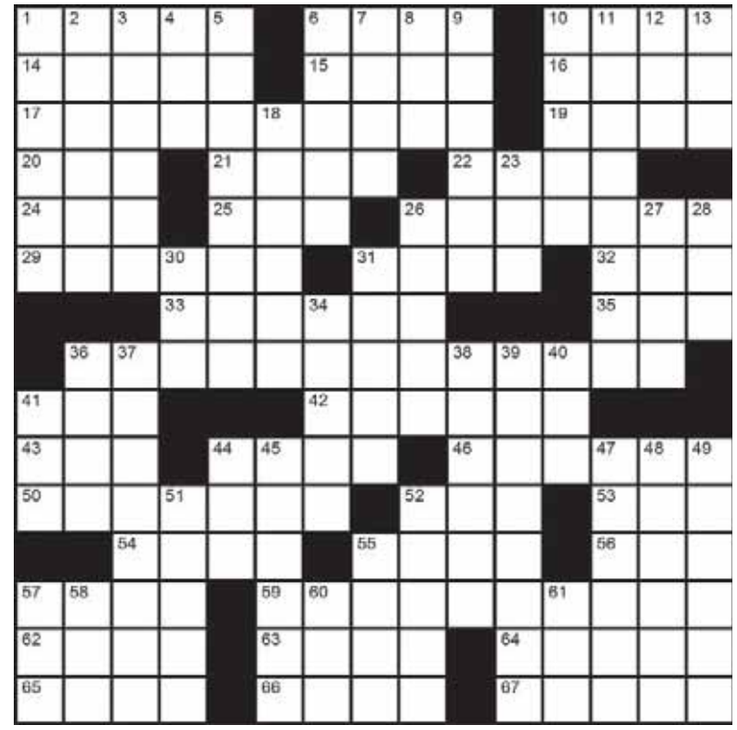
Directions
1. Slice avocados in half and scoop out pulp. Chop and place in bowl.
2. In another small bowl, mix mayonnaise, Worcestershire sauce and chili sauce.
3. Set aside four shrimp for garnish. Chop remaining shrimp and add to avocado with bell peppers and green onions. Gently fold in mayonnaise mix to avocado.
4. Spoon filling back into avocado shells. Garnish with remaining shrimp.

Nutrition per serving
- Calories 230
- Protein 11g
- Carbohydrates 14g
- Fibre 7g
- Total fat 16g
- Saturated fat 2.5g
- Cholesterol 65mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Coffee brand est. 1896 in Vancouver
6. Officially choose
10. Meaningful
14. Muse of love poetry in ancient Greek mythology
15. Ken of "thirtysomething"
16. ...happily _ after.
17. Best friend of #36-Across played by Dana Carvey: 2 wds.
19. 'Father' in France
20. White House nickname
21. Legendary singer Ms. James
22. "_ Chef America"
24. Not 'twas
25. Aug. and Sept.
26. Type of Terrier dog, cute-style
29. Orders takeout: 2 wds.
31. Ahhs friends
32. Feminine 'one' in French
33. City in Washington state
35. East Coast ocean, for short
36. "Saturday Night Live" character Mike Myers brought to the silver screen: 2 wds.
41. Jewel
42. Actress Charlize
43. Rainbow's shape
44. Fertilizer component
46. Yield
50. Money put into a bank account
52. Twice a single, for short
53. U2 rock producer Brian
54. Rushed letters in the office
55. Angry, _ off
56. Ex-Bruin Bobby
57. _-Cola
59. Everyone knows about it even though it's supposed to be hush-hush: 2 wds.
62. "Star _"
63. Typeface
64. Heighten
65. Waitress on "Alice"
66. Marshes
67. Police squads, e.g.

DOWN
1. Invalidate
2. Saudi _ Cruise's co-star in "Oblivion" (2013)
3. Most minimal
4. Baseball great Mel
5. Queen tune #17-Across and #36-Across famously rocked to: "_ Rhapsody"
6. Electricity units
7. Ms. Kurylenko, Tom Cruise's co-star in "Oblivion" (2013)
8. Ms. Carrere, Mike Myers' co-star as per #36-Across
9. Improve
10. The Home _
11. Ultimate
12. 'Mountain' suffix
13. Prior
18. Now!: 2 wds.
23. Iceland band, Sigur _
26. Dishonour
27. Global, briefly
28. Tubular fish
30. Swine spot
31. Nebraska city
34. Eight-member music ensemble
36. "The Way We _" (1973)
37. _ _ _ _ (Car in which #5-Down was played in the 1992 movie, as per #36-Across)
38. Investigations
39. Huge rocks
40. 'Differ' suffix
41. _ about (Rove)
44. NFL's land
45. Swindle
47. City in Illinois
48. Rioting reason
49. Rich cakes
51. City of Honshu in Japan
52. Auto shop repairs
55. State for Memphis, for short
57. CBC rival
58. Portland, _.
60. The Raven poet's surname
61. Crow cry

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Jupiter in the work area of your chart is sure to mean extra responsibilities, but if you tackle them in the right spirit and do the best job you can you will make a good impression. Get to it.

Taurus April 21 - May 21
The last thing you want now is to waste energy trying to persuade other people to do things your way. It's what YOU do that counts, so do something that makes the world sit up and take notice.

Gemini May 22 - June 21
Some sort of domestic strife is likely today but, at the same time, you are feeling extremely good-natured, so it should be easy enough to deal with.

Cancer June 22 - July 23
You won't lack for social invitations today but if you show your face too often you will begin to lose your rarity value. Even if you are not a celebrity as such you should act like one.

Leo July 24 - Aug. 23
There have been a lot of ups and downs in your life of late and you would no doubt welcome a little stability. That will come later but for now there is another roller-coaster situation you have to deal with.

Virgo Aug. 24 - Sept. 23
You cannot be the life and soul of the party every day. Now that Jupiter is moving through your sign you will find it easier to use the magic word more often. That word is "No."

Libra Sept. 24 - Oct. 23
This is a good time to look back at your efforts over the past few months and learn from both your triumphs and your failures. Your attitude is so positive now that nothing can hurt you emotionally.

Scorpio Oct. 24 - Nov. 22
You rarely, if ever, change your opinions once your mind is made up but over the next few days you will find yourself questioning some of the things you have come to believe.

Sagittarius Nov. 23 - Dec. 21
Jupiter in the career area of your chart means you will attract the attention of people in positions of power. You could soon be moving up in the world.

Capricorn Dec. 22 - Jan. 20
Get out into the world and explore. If you have shut yourself away in recent weeks you must now go right the other way and let everyone know that you still exist!

Aquarius Jan. 21 - Feb. 19
You have so many options to choose from now it may be a bit confusing. You are strongly advised to go with the option that provides you with the greatest amount of freedom.

Pisces Feb. 20 - March 20
You are going to have to make some major decisions over the next few days, the kind of decisions that have far-reaching consequences. Don't put them off in the hope that they might go away. Be brave.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

Conceptis SudoKu — By Dave Green

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5				8		2	7	
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Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from August 1 to 31, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to $1,715, $5 OMVIC fee, $29 tire fee, and $100 A/C charge (where applicable). Excludes other taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ◊0% financing and up to $6,000 discount are available on select 2015 models and are deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Rondo LX AT Winter SE (RN75SF) with a selling price of $27,244 is based on monthly payments of $443 for 48 months at 0% with a $0 down payment, $0 security deposit and first monthly payment due at finance inception. Offer also includes a $6,000 financing discount. ‡**Cash Purchase Price** for the new 2015 Forte LX MT (F054IF)/2015 Sportage 2.4L LX MT FWD (SP55IF)/2015 Optima LX AT (OP742F)/2015 Rondo LX AT Winter SE (RN75SF) is $12,994/$19,994/$21,464/$21,244 and includes a cash discount of $4,570/$4,850/$5,000/$6,000. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. *Representative Leasing Example: Lease offer available on approved credit (OAC), on new 2016 Sorento 2.4L LX FWD (SR75AG) with a selling price of $29,344 is based on monthly payments of $326 for 36 months at 0.9%, $0 security deposit, $1,800 down payment and first monthly payment due at lease inception. Total lease obligation is $11,720 with the option to purchase at the end of the term for $16,414. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). Lease discounts vary by model and trim and are deducted from the negotiated selling price before taxes. □Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. †Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F074IF)/2015 Sportage SX Luxury (SP759F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75IG) is $26,695/$38,495/$34,895/$42,095. ^Highway/city fuel consumption is based on the 2015 Sportage 2.4L 4-cyl AT/2015 Forte 1.8L MPI 4-cyl AT/2015 Optima 2.4L GDI AT/2016 Sorento SX 2.0L Turbo AWD. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The All-new 2016 Sorento/2015 Optima were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. model tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.